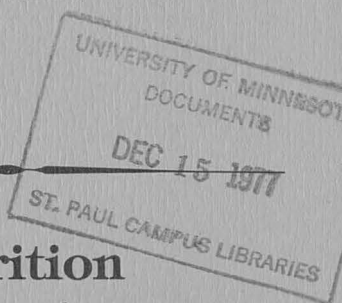


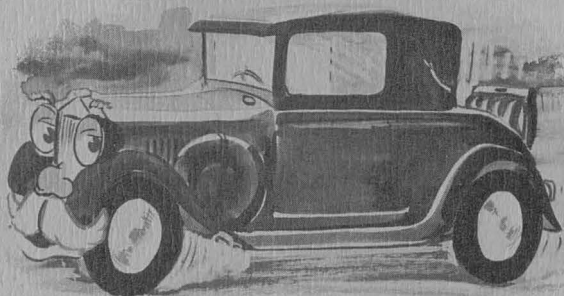
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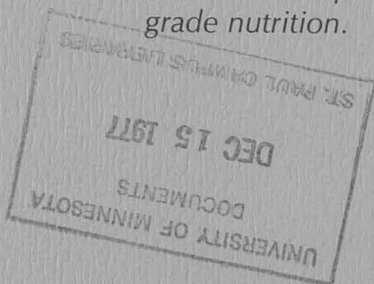
## Nutrition for Seniors



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## Daily Needs

*Top level performance  
comes with top  
grade nutrition.*





## Four “Fuels”

A variety of “fuels” are needed every-day to keep people going. Just as a car needs air, gasoline, oil, and water, you need a variety of foods—all at the same time.

The nutrients from food work together to make your body function at its best each day.

Select food-fuels from each food group keeping in mind the number of servings.

Practice  
good eating habits  
for greater economy  
and satisfaction

## Eat the Right Number of Calories for Proper Weight Use —

- canned, frozen, and fresh fruits and vegetables
- baked and broiled meat
- whole grain or enriched bread and cereal
- skim milk or nonfat dry milk

## Limit Your Use of—

- alcoholic and carbonated beverages
- gravy, toppings, cream
- pastries and desserts
- cookies and baked goods
- fried foods

## **To Tempt Your Appetite Keep in Mind:**

- colorful foods
- textures – crisp, smooth
- shapes
- temperatures – cold, hot
- flavors – sweet, salty, sour, bitter

### **Daily Food Guide**

#### **Milk Group — 2 servings**

- milk, cheese,
- cream soups, ice cream,
- cottage cheese,
- custard, dried milk

#### **Meat Group — 2 servings**

- beef, pork, poultry
- dried beans, nuts
- eggs
- fish

#### **Fruit and Vegetable Group — 4 servings**

- juices, soups, salads
- raw and cooked vegetables
- fruits for snacks, salads,  
and dessert

#### **Bread and Cereal Group — 4 servings**

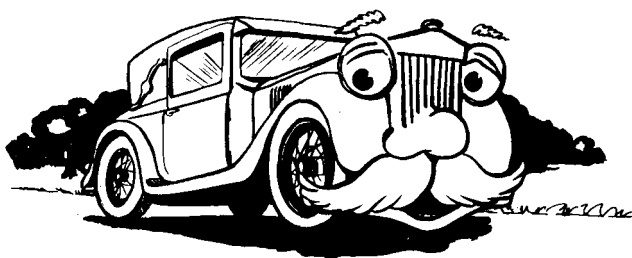
- sandwiches, cereal, crackers
- macaroni, rice, muffins,
- rolls, biscuits

#### **Other Foods —**

- seasonings, toppings
- jelly, jam, honey
- relishes, pickles
- salad dressing
- butter, margarine



**Eat good food  
for good times  
and good health**



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Prepared by Mary Darling, extension nutritionist, and Janet Wesselman, registered dietitian, to be used in conjunction with the slide set, "Nutrition for Seniors."